

Personal Wellbeing



One Membership.
Thousands Of Ways to Stay Active and Save Money!

- 12,200+ Gyms
- 9,700+ On-Demand Videos
- Enroll Your Spouse

- No Annual Fees or long-term contracts. Switch gyms anytime.

Get Started!

<https://discoverhealthyrewards.sites.cigna.com>



Additional Cigna Wellness Reward Resources

[Cigna Healthcare Wellness Experience with Rewards](#)

[Well-Being Solution User Guide](#)

[Store Flyer Wellness Cash](#)

[Cigna Health Care Well-Being Solution Option 3- \\$400 W Cash](#)

Employee Assistance Program (EAP)

To help you through difficult times, **The Standard** Employee Assistance Program (EAP) provides you and your family with personal and confidential support, 24 hours a day, 7 days a week. Services include:

- Unlimited phone access to master's-level specialists – 24/7
- Up to 3 counseling sessions per issue. Sessions can be done in person, on the phone, or through video
- Online Resources – www.healthadvocate.com/standard3

Contact EAP 24/7 at 888-293-6948

Hotlines

Suicide and Crisis Lifeline
Call: 988 | Chat: 988lifeline.org

National Domestic Violence Hotline
Call: 800-799-7233 | Text: "START" to 88788
Chat: thehotline.org

Transgender Lifeline
Call: 877-565-8860 | Visit: translifeline.org

For a full list visit: [Get Help Right Now from the CDC](#)

Programs are available on myCigna.com

General Health

- Large network of In-Person & Virtual providers
- MDLive: Virtual preventive, urgent, behavioral & dermatology
- Preventive Care & Biometric screenings
- Smoking cessation coaching
- Substance & Alcohol use support
- Wellbeing Solution digital wellbeing experience

Emotional Wellbeing

- In-person & virtual therapy/psychology
- Autism & Eating Disorder Support
- Stress management telephonic coaching
- Telephonic coaching for depression, anxiety, bipolar disorder and other conditions
- Support via Cigna's virtual care network including but not limited to: Brightside, Growtherapy, Headway, Meru Health, Talkspace & more

Cancer

- Oncology Case Management
- Accredo Specialty Pharmacy & Case Management

Heart Disease & Related Conditions

- Chronic condition telephonic coaching
- In-person cardiologists & Heartbeat Health virtual provider

Musculoskeletal

- Low back pain telephonic coaching
- In-person physical, occupational, & exercise therapies
- Virtual MSK Providers: ASHCare, Airrost

Other Virtual Providers

- Sleep Apnea: Gem Sleep
- LGBTQIA+/Gender-Affirming Care: FOLX
- Speech Therapy: Great Speech
- Digestive & Gut Health: Oshi Health
- Chronic Pain Management: Override, LinHealth

Pharmacy

- Express Scripts Home Delivery
- Specialty Care Options

Transplant

- Transplant Case Management

Weight Management

- Weight management telephonic coaching
- Virtual Nutritional Providers – Foodsmart, Nourish, Kroger

Women's Health & Family Planning

- Visana Virtual Women's Health provider
- Allara Virtual Women's Health provider
- Hey Jane Virtual contraceptive & treatment provider
- Aeroflow Lactation
- Wildflow Lactation Counseling
- High-Risk Maternity Case Management
- NICU Case Management
- Gennev & Midi virtual Women's Health Providers: Perimenopause & menopause support and resources
- Post-Partum support

Healthcare Consumer Tools

- 24/7 Nurse Hotline
- Cost Transparency
- Prior-Authorization Status Tracker
- **OneGuide**
- Health Assessment
- Language Assistance Services
- Active & Fit Gym Discount Program
- Start Hearing Discount Services
- LASIK Discount Services
- Mom's Meals Discounts
- EyeMed Discounts
- ChooseHealthy Alternative Medicine Discounts (acupuncture, chiropractor, podiatry, therapeutic massage & more)



Contact
customer
service 24/7 at
**1-800-
Cigna24** or
visit
myCigna® for
more
information



Additional resources employees have through Cigna:

General Health

- [2026 Webinar Webcast Calendar](#)
- [Knowledge Center | Cigna Healthcare](#)

Emotional Wellbeing

- [Behavioral Podcast Series](#)
- [Past Behavioral Awareness Seminar Series](#)
- [Headspace Care Live Workshops](#)
- Veteran Support Line +1 (855)244-6211

Behavioral Awareness Seminars

- [2024 Autism Seminar Videos](#)
- [2024 Substance Use Disorder Seminar Videos](#)
- [2024 Eating Disorder Seminar Videos](#)
- [2024 Mental Health Seminar Videos](#)

Musculoskeletal

- [Active & Fit – Access to free virtual fitness & stretching classes](#)

Cancer

- Know Your Lemons Breast Cancer Awareness – free app for customers

Weight Management

- [Foodsmart live webinars](#)
- [Foodsmart OnDemand webinars](#)
- HelloFresh meal service customer discounts (offered by employer)

Women's Health & Family Planning

- [Visana Women's Health webinars](#)

Community Resources

- [Cigna Community by findhelp](#) – food pantries, meal programs, housing & financial assistance



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myCigna® for
more
information

